

Intestinal System Support

RECOMMENDATION

Directions: Mix 1½ teaspoons in 8 oz. of water or juice.

Each 10 calorie serving provides 2 grams of dietary fiber, equal to one fresh apple without the extra calories.

Caution: Take this product as recommended. Drinking enough liquid is essential. Avoid use if you have ever had esophageal narrowing or swallowing difficulties. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

This container was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

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NATURE'S THREE

• Psyllium - Oat - Apple

Herbal Dietary Supplement

NET WT. 12 OZ. (350 GRAMS)

Stock No. 1345-0

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225

www.naturesunshine.com

Supplement Facts

Serving Size 1.5 Teaspoons (4.3 g)

Servings Per Container 81

Amount per 1.5 Teaspoons	%DV	
Calories	10	
Carbohydrates	3 g	1%**
Dietary Fiber	2 g	8%**
Proprietary Blend	3.5 g*	
Psyllium Hulls (<i>Plantago ovata</i>)		
Apple Fruit Fiber		
Oat Inner Husk Bran (<i>Avena sativa</i>)		

**Percent Daily Values are based on a 2,000 calorie diet

*Daily Value not established

Other Ingredients: Fructose and natural flavors.

GUARANTEED PURE

